



# WALKING TRACK RECORD

## How-to-fill-out-your-walking-record:

(See Sample) Each box represents 1 mile. Each mile is marked off in 1/4's. If you are walking a 1/4 mile each day then you would fill in 1/4 of the box each day.

So, if you are walking 1/2 a mile each day then you will fill in 1/2 the box on day 1, the second 1/2 of the box on day 2, and start another mile box on day 3.

### Sample

Day 1					
Day 2					
Day 3					
Day 4					

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100

**You will receive a FREE t-shirt at 20, 100 and 250 miles completed.**

*I certify I have walked the miles marked as above.*

Print Name

Signature